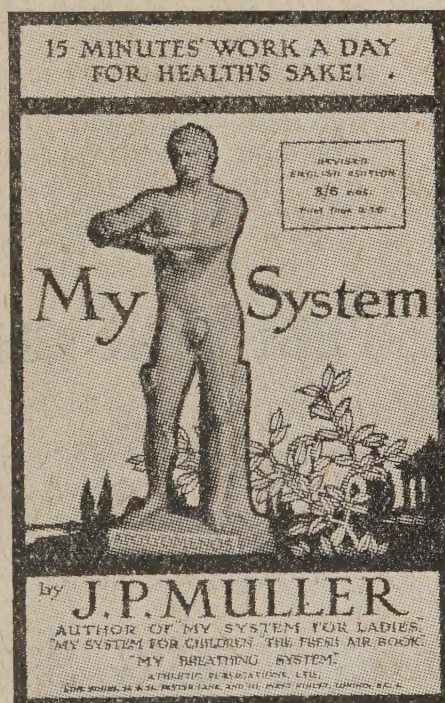


THE ASTOUNDING SUCCESS OF THE MULLER SYSTEM

IS BASED UPON
THE ENDORSEMENT OF
THE WORLD'S
MOST FAMOUS DOCTORS
AND
THE STRONG RECOMMENDATION
OF SCORES OF CELEBRITIES
IN EVERY WALK OF LIFE.



NEW EDITION
COMPLETELY REVISED
AND ENLARGED
WITH NUMEROUS NEW
ILLUSTRATIONS.

VISCOUNT ALVERSTONE
Late L^d Chief Justice.

EARL HAIG OF BEMERSYDE
Field Marshall.

THE LORD BISHOP
OF DURHAM.

GENERAL J.F. BELL. SIR ARTHUR PEARSON. HUGH DE SELINCOURT.

DR. LEONARD HILL, M.D., F.R.S.

R.M. LESLIE, M.D., F.R.C.P.

C.W. CATHCART, C.B.E., M.A.B.
C.M., F.R.C.S.

A.E. MORRISON, M.D., F.R.C.S.

SIR G.T. BEATSON, K.C.B., K.B.E.
M.D., F.R.C.P.

ALEXANDER BRYCE, M.D.

SIR A. CONAN DOYLE, M.D.

PROF. T.C.B. SINCLAIR, M.D.,
F.R.C.S.E.

MY SYSTEM

CONTENTS

Health versus Illness—Minor Sources of Health—Remarks on the application of "My System"—Special Exercises for Special Complaints—List of Chronic Ailments and Bodily Defects successfully treated—General Remarks about carrying out the Exercises—A Programme for the first six weeks—Hours for doing the Exercises—Description of the Exercises—Conclusion.

NEW EDITION—Revised, enlarged, with additional illustrations.

MY SYSTEM FOR LADIES

CONTENTS

The Deep-Breathing Exercise—The eight Muscular Exercises—The Bath—The ten Rubbing Exercises—Special Exercises for the Neck—Special Foot Exercises—Massage of the Face—How to get Slender Hips—Feminine Beauty and the Corset—What to observe during certain periods.

MY SYSTEM FOR CHILDREN

CONTENTS

Rules for exercising Babies—Breathing Exercises—Eight Muscular Exercises—The Bath—Ten Rubbing Exercises—Exercise Games—Special Neck Exercises—Remarks and Rules for Older Children—The Breathing Exercises—Eight Muscular Exercises—Rubbing Exercises.

MY BREATHING SYSTEM

CONTENTS

PART I. What Deep-Breathing Exercises are—The Machinery of the Breathing Apparatus—Various Methods of taking a complete breath.

PART II. My Five Minutes Breathing System.

PART III. Hints for Athletes—Hints for Singers and Speakers.

Athletic Publications, Ltd.,

LINK HOUSE, 54-55 FETTER LANE, LONDON, E.C.4.



22501443337

[190 * ?]

APPRECIATIONS OF
“MY SYSTEM”

PUBLISHERS' NOTE.

In the original edition of his first book, “MY SYSTEM,” Lieut. Muller inserted certain chapters containing encomiums of the “System” of home gymnastics which he had devised, together with a description of the causes which had convinced him of its superiority when compared with other systems. Since the publication of the original edition, Lieut. Muller's books and his system of gymnastics have become so widely popular that there is no longer any need for the author to explain the merits of his work : many distinguished men, members of the Medical Profession and others, both in England and on the Continent, having recognised the worth of his system, are already doing that for him.

To insert these appreciations in the latest edition of “MY SYSTEM,” in which the Author has completely revised and largely rewritten the book, would be impossible. So, in order that those persons, who are not acquainted with the merits of Lieut. Muller's work, may obtain an idea of Public Opinion concerning it, and that those persons who already know and practise the system may have additional proof of its high consideration by distinguished person, the Publishers have issued this pamphlet.

The Author, in submitting the following Medical testimony to the efficacy of his System, says :—

It has been my privilege many times to lecture and demonstrate my system of exercises to audiences consisting exclusively of medical men, not only on the Continent, but also several times here in England, for instance, before the “Medical Society” of London.

By Dr. LEONARD HILL, M.D., F.R.S., the well-known Professor of Physiology at London Hospital Medical School, I was invited to demonstrate my System to the Medical Students in the London Hospital.

For several years I acted as an Examiner to "The Institute of Hygiene" in Devonshire Street, Harley Street, W.

One of my co-examiners there, R. MURRAY LESLIE, M.D., F.R.C.P., Senior Physician at the Prince of Wales' General Hospital, asked me to write a pamphlet for young girls: "Physical Training in relation to Health and Beauty." This was published and was distributed by "The Women's Imperial Health Association."

SIR GEORGE ANDREAS BERRY, LL.D., M.B., F.R.C.S., Hon. Oculist to His Majesty in Scotland, asked me to lecture before "The Parents' National Education Union" in Edinburgh, where for the first time I took the opportunity of explaining and demonstrating my new "Five Minutes' System" for school children.

The following extracts are taken from the great mass of publicly printed matter. Of the many hundreds of private letters of approval received from Medical Men, I have only quoted a few, for the publication of which I obtained special permission.

BRITISH EMPIRE AND AMERICA.

SIR GEORGE T. BEATSON, K.C.B., K.B.E., M.D., B.A., F.R.C.P., presiding at a lecture in the Berkeley Hall, under the auspices of the Glasgow Health Culture Society, remarked that:

" . . . under modern conditions we did not perhaps give all the attention to the laws of health which were really essential to our well-being. We were making progress intellectually and were flourishing commercially, and yet we were suffering physically. . . . Physical development was a sort of modern craze. Everybody thought that if one had a splendid muscular development one had a sound constitution. That was a great fallacy, and no medical man of experience would ever endorse that view. We wanted to go deeper. We wanted exercises that would lead to a well-developed nervous system, with a clear head and a steady hand; we wanted all the internal organs to be healthy; we wanted pure

and rich blood ; we wanted all the functions of the body to be carried on smoothly and healthily. The question of physical development, therefore, was one that required a great deal of care and thought, and was one in which medical men could not altogether be ignored. *The spirit of modern medicine was the desire, so far as it could, to prevent illness. They did not think it was a wise thing to allow people to get ill and then try to heal them. Lieut. Muller's teaching was the same as that, and hence it was that he was glad to preside that evening and welcome him to the city.*"—*Glasgow Herald*.

J. R. BIBBY, M.D.,

"presided at the demonstration by Lieut. Muller at the Corn Exchange. At the close the chairman spoke in enthusiastic terms of the Lieutenant's method and advocated the adoption."—*Gloucester Journal*.

TOM BIRD, M.D., writing in *The Lancet*, says :

"I have never seen them (physical exercises) so well organised, and, as will be seen, no apparatus is required. They are collected by J. P. Muller, who calls them "My System," and have the advantage of taking only 20 minutes in time, and can be mostly performed in an ordinary bathroom, Exercise No. 8 being done against the side of the bath."

ALEXANDER BRYCE, M.D., who had agreed to preside at a lecture in Birmingham, but who was unavoidably detained, sent the following letter, which was read to the public by Colonel W. R. Ludlow :

"I deeply regret my inability to be present this evening to join with you in giving a hearty welcome to Lieut. Muller. I have known Lieut. Muller for the last two or three years as the author of a comprehensive, compact and complete system of Physical Culture, which he has carefully described in a volume entitled, 'My System.' I have read this with the greatest pleasure, and have also sedulously practised his system, and I can enthusiastically endorse any statement which he cares to make this evening with regard to its merits. I am sure when he is introducing you to his delightful system of exercising the body you will give him a most careful hearing, and I am only sorry that I cannot be present to become better acquainted with it."

CHARLES W. CATHCART, C.B.E., M.A., M.B., C.M., F.R.C.S.
(Eng. & Edin.), *Consulting Surgeon (ex-Sen. Surgeon)*, Royal Infirmary, Edinburgh, writes in
"Training and How to Keep Always Fit":

"How, then, and where, is the exercise necessary for the bodily well-being of every student to be obtained, and how can our athletes keep fit? The answer to these questions is fortunately at hand. Both groups of students can obtain the exercises really necessary by carrying out Lieut. J. P. Muller's exercises every morning, and they can do so in their own bedrooms. I shall now explain.

"About fifteen years ago, after trying various systems of home exercises, all with their good points, but none that quite met all requirements, I happened by chance to come upon Muller's account of 'My System,' as he calls it, in a bookshop. On glancing over it I became so interested that I bought the book (3s. 6d.), learned the exercises from it, and have performed them daily ever since. It would take too long to describe them here. The book itself must be taken as the guide. But we may briefly consider what seem to be the good points of the system. They require no apparatus, and involve no noise or shaking of the floor, which might disturb the occupants of a room below; they are well planned, so as to bring into action different parts of the body in suitable succession; they call forth, by muscular action of course, vigorous movements of the limbs, and more especially of the abdominal wall and back, which are not called into play in ordinary academic, business, or professional life. Thus muscles are exercised, joints kept supple, and ligaments stretched that usually suffer from want of work. Moreover, respiration is made to be a part of each exercise, and deep breathing comes after every one. When the muscles, the heart, and the lungs have been roused into activity after the night's rest, and the body has been thereby brought into a glow of warmth, a cold sponge bath is taken and is enjoyed, as I can testify, although without the previous exercise it would, in winter at least, make one shiver. After the skin has been dried, it is rubbed with the hands, in another series of exercises, with again deep breathing between each. The whole series takes fifteen minutes to complete, but less will serve very well. The immediate result is a feeling of vigour and well-being, which to the beginner is most encouraging, and to the habitué seems almost indispensable, for it remains.

"An important feature of Muller's 'My System' is

that certain modifications have been made in the exercises to adapt them respectively to women and to children, as well as to men, with a separate book for each. Moreover, the exercises themselves are graded in severity in each series, and in this way provision has been made for all degrees of strength, from the young child or delicate girl onwards to the fully developed man even in his declining years.

"The would-be athlete, however, needs something more than those indoor exercises, excellent though they may be, when his opportunities of practising on a field or running track are limited. For such as these, and for others besides, Muller has many useful hints to give. Thus, a man in his walks about town, instead of adopting a leisurely pace, may increase his speed at will, remembering that for every additional mile per hour beyond an easy walk he will multiply the exertion required by a rapidly increasing ratio. Haven't we plenty of steep streets and flights of stairs to test our wind in this town of ours if we go fast enough? Try, for instance, the stairs from Market Street to St. Giles Street, taking them two at a time—a non-stop run—and, if once is not enough, try it twice. Or, again, an opportunity may be taken to run home on the balls of the toes, and change and rub down afterwards. Muller, who is a Dane from Sleswick, during fifteen years of office work, supplemented his indoor exercises by such methods as these, and although his opportunities for more regular athletic training were limited, he held for many years the first place as an all-round athlete in Denmark."

C. WARD CRAMPTON, M.D., *Director of Physical Training*,
Department of Education, New York, U.S.A.,
wrote in a letter:

"... Permit me to assure you that I am very much interested in your System, which I have brought to the attention of our several hundred Physical Training Teachers in New York City. You will be interested to know that one of the questions in an examination for licence to teach in our high schools was: Describe the Muller System! You have done a great deal of good. Please accept my felicitations."

SIR ARTHUR CONAN DOYLE, M.D.,

presided at a luncheon at the Savoy Hotel, and—as reported in *The Times*—in proposing the health of the guest, gave his personal experience of the benefit of the Muller System. He said it might be called the cheapest

form of exercise and recreation devised by the wit of man. No apparatus whatever was required, and the exercises had the advantage of not being too severe. Some time ago he had tried a system which developed the muscles, but Nature gave us only one banking account, and if we overdrew it in one place we had to underdraw it in another. He found that he put on muscle, but became "stupider and stupider" in the process, so he gave it up and the muscle melted like butter in the sun. . . . "One becomes fit and keeps fit by carrying out Lieut. Muller's System, which is a natural course of exercises without the use of muscle-straining instruments, causing no great strain and resulting in no after-collapse."

Glasgow Medical Journal :

"Though it be the veriest truism that without health 'life's a gift no worth receivin',' there probably never was a time when insistence on it was more necessary. What we have learned about the causation of disease has shown us that civilisation is only to be had at a price ; and we frankly admit—and even laud—the justice of this arrangement, so long as we personally are not asked to pay toll. Happily, we now recognise that all talk about returning to Nature is merely talk ; but unfortunately, perhaps owing to a long experience of false prophets, we are not always so ready as we ought to be to listen to any plan that proposes to circumvent or cajole Nature. It is as a compromise that Lieutenant Muller's 'My System' should make its appeal—a means whereby, through the expenditure of no more than fifteen to twenty minutes daily, man may keep in apparently perfect health and yet follow the occupations for which in all probability he was never intended.

"Nothing was ever accomplished in this world without enthusiasm and optimism, and perhaps exaggeration. Consequently, we need not marvel that, in defiance of all knowledge of the life-histories of man and beast, the present writer declares that 'it is possible, and, indeed, quite natural, to preserve both the physical and the mental faculties almost unimpaired for at least a hundred years.' We are, however, quite prepared to agree that this system is excellent for certain cases of indigestion, constipation, and obesity, but consider that our author is on safer ground when he declares : 'My System is above all for the healthy, that they may maintain their health and further develop their strength and beauty.'

“ Otherwise we have nothing but praise for Lieutenant Muller’s methods, which seem to be on sound lines—to obtain, without the use of apparatus, general physical as opposed to merely muscular development. It is not his idea to make of his pupils parodies of Hercules.

“ The increase in chest measurement produced by certain physical culturists has been conclusively demonstrated to be really due to the occurrence of emphysema, but we gather that the writer promises a true increase of expansive capacity. We cannot sufficiently emphasize the importance of the method of breathing here taught. We had been under the impression that cardiac hypertrophy and athleticism were synonymous, not only in man but in dogs and horses ; nevertheless, it would appear that this need not be so. It seems strange that we should deny ourselves what we lavish on our domestic animals, and we thoroughly approve of the air-bath and skin-grooming here prescribed. The exercises can be graduated to suit both sexes and all ages ; they can be made mild or severe. All the same, those in indifferent health would be well advised to follow the author’s sage advice : ‘ Sick people should always consult a physician before taking up the system.’

“ Lieutenant Muller’s system can be carried out at any time of the day that is convenient, but must be conducted in a room with open windows. Its essential features are as follows :—

“ First there comes a series of eight exercises, which are performed in a definite order and for a given number of times, and which are designed to develop the muscles of the trunk rather than those of the limbs, the author believing that the functional activity of the underlying viscera increases as the superimposed musculature improves in vigour and tone. Great attention is paid to assuring a correct form of respiration, the breath being inhaled and exhaled deeply, quietly, and uninterruptedly through the nose all the time ; never is an exercise, or part of one, executed with the glottis closed. A pause of twelve seconds is allowed for two very deep, or three fairly deep, easy respirations after each exercise, to steady the heart ; and during this interval more advanced pupils also practise heel-raising and deep knee-bending movements. Then follows the bath, which may be cold or lukewarm, its object being to apply clean water to the whole surface of the now perspiring skin. The body is next briskly and thoroughly dried, after which ten composite rubbing exercises, including a number for the muscles of the arms, breast,

back, legs and trunk, are proceeded with in air-bath costume. The rubbing is done with the palms of the hands, and should be a simple friction or stroking to begin with ; later on, as the pupil's strength increases, it should be so vigorous that it becomes a sort of massage. It is difficult to keep up zeal in any system of physical culture, but the infinite variety of these exercises and the ease with which they lend themselves to be rendered still more exacting and interesting augurs well for their continued popularity.

"Lieutenant Muller has some sensible remarks to offer on what he terms the minor sources of health. He is no food faddist, rightly condemns flannel underwear, shows a proper respect for fresh air and sunlight, is rational about the care of the teeth, advocates moderation in smoking as in all things, and makes some much needed comments on attention to the feet."

Guy's Hospital Gazette :

"During the last few years systems of Physical Culture have become so numerous, and their individual claims so conflicting, that it is hardly likely that a new system will meet with much encouragement.

"Yet the latest which has been brought to our notice is so simple in its details, and so effective in its results, that it will probably win a large number of followers, particularly amongst members of our profession who have neither the time nor the inclination to devote themselves to carrying out the demands of the more complicated methods.

"On Thursday night Lieutenant Muller gave a demonstration of this, the new Muller System, to a private audience of medical and other professional men. The system consists essentially in a combination of physical and breathing exercises, with simple massage and rubbing. The movements are simple, and economical, both of time and energy, and are performed without apparatus of any kind.

"To judge from the demonstration which took place in the Strand Gymnasium, it is a system which will certainly meet with the approval of those who desire a series of simple yet perfectly efficient exercises."

PROFESSOR LEONARD HILL, M.D., F.R.S., *London Hospital*,
in his evidence before the *National Birth Rate Commission*, remarked :

"I would bring to your notice Lieut. Muller's baby—a really wonderful baby. It was brought up from birth

with massage and open air, stripped naked for some time each day, bathed and played with, and exercised right up from birth ; beginning, of course, with massage, and then going on to various exercises. That child is entirely different from the flabby, big things we see in the advertisements of infant foods. He is like an ancient Viking."—(" Problems of Population," page 339 : Chapman & Hall.)

H. VALENTINE KNAGGS, M.D., in his work, " Indigestion—its Cause and Cure " :

" The abdominal muscles should be well used and brought into play, and deep breathing freely practised when exercises are being performed. Any exercise is good that imparts a maximum amount of self-massage to the abdominal organs. Brisk exercise, by reason of this churning of the organs, increases the flow of the bile and of all the digestive juices. This stimulates digestion all round, and it also increases the involuntary movements of the bowels, and so *aids in removing* constipation. . . . The Muller ' My System ' exercises are probably the best devised for remedying constipation and indigestion. They are very simple, and can be made interesting, so that a person doing them daily need not get tired or bored with them. The ' My System ' exercises aim to develop the body as a whole, and not to over-develop any one set of muscles at the expense of the rest of the body."

JAMES KERR LOVE, M.D., Glasgow,

speaking at a lecture in that city, said that, as a medical man, he had an unbounded admiration for " My System." He had read carefully and with the greatest interest Lieut. Muller's excellent books, and declared that the System was characterised by good, sound physiological common sense, and he most strongly recommended it to the audience.

The Medical Press :

" An interesting personal demonstration of Lieut. Muller's System of home exercises without apparatus was given at the Rooms of the Medical Society of London, in the presence of a large number of members of the profession. . . . The exercises were carefully graded into several degrees of strength or severity, so that they could be prescribed by medical men for the use of persons in various states of health. One outstanding feature of the system is the ' Rubbing Exercises,' which secure

an effective friction of the skin of the whole body, whilst throughout the series the lungs, trunk muscles and internal organs receive effective and stimulating exercise. The demonstrator first performed each of the exercises in its several degrees, and afterwards went through the whole System in its most advanced form well within the prescribed limit of 15 minutes."

D. R. MEKTA, *Medical Officer*, Hunza, Gilkit, Kashmir, India :

" I think it a part of my duty to convey to you the beneficial results derived from practising ' My System.' I am a medical man, aged 25, and got pulmonary tuberculosis at 23½, weight reduced from 108 lbs. to 92 lbs. in three months. The best doctors gave me only two years to live. I resolved to follow your system, and after I had continued it for three months, I was struck to find an increase of 6 lbs. in weight, skin turning from an unhealthy to a healthy appearance, face from yellow to a slight red colour, and size increasing by one inch, and chest by two inches.

" It is now in the sixth month that I am writing to you. I have *no* sign of the tuberculosis, and weigh 120 lbs. I do not know how to thank you for restoring me to health in so short a period as six months. I will gladly allow you to send my testimonial to the press."

S. G. MOORE, M.D., D.P.H., *Medical Officer of Health*, Huddersfield, in proposing a vote of thanks, remarked that :

" We were all aiming at being happy, and that one of the means thereto was perfect health. He described ' My System,' therefore, as a most admirable method of reaching happiness."—*Huddersfield Examiner*.

ALBERT E. MORISON, M.D., F.R.C.S., *President*, North of England Branch, British Medical Association, presiding at a lecture in Sunderland, expressed whole-hearted approval of the Muller-System, because of its adaptability to the requirements of all constitutions and conditions, a great point in its favour being the absence of need for special apparatus.

F. PENNY, M.D., Windsor : " speaking as a medical man, had a very great admiration for this excellent series of physical exercises, and cordially recommended the audience to adopt them into daily use. The ten

rubbing exercises, which had for their object the promotion of the proper performance by the skin of its very important excretory functions, were especially admirable. He endorsed His Worship's (the Mayor of Windsor, Sir F. Dyson's) welcome and thanks to Lieut. Muller for his demonstration."—*Health & Strength*.

PROFESSOR THOS. C. B. SINCLAIR, M.D., F.R.C.S.E., of Belfast University, who presided in the Assembly Hall, said that :

" it was wrong to regard mere muscular development as a proof of the value of those exercises. Far more attention should be paid to the benefits accruing to the brain and nervous system, to the lungs, and to the digestive organs. Many people might be surprised to know that indigestion and constipation, functional palpitation of the heart, various forms of rheumatic and gouty pains through the muscles and joints, some breathing troubles, nervous disorders, like sleeplessness, neuralgia, and general nervous irritability might be benefited by courses of exercises, which might be carried out by the sufferers in their own bedrooms, bathrooms, or with suitable costumes in the open air. He had very great pleasure indeed in introducing Lieut. Muller, who had come all the way from Denmark direct to Belfast to instruct them in the admirable system of exercises which he had devised. . . . He was sure all present appreciated very much the lecture and demonstrations."—*Northern Whig*, Belfast.

COLONEL WM. THOS. PROUT, C.M.G., M.A., R.A.M.C., of the School of Tropical Medicine, Liverpool University : "seconded the vote of thanks to Lieut. Muller, and in a very able speech warmly commended the system.—*Health & Strength*.

DR. JAMES SWANSON, M.A., M.B., C.M., F.F.P.S., *Professor* at St. Mungo's College, University of Glasgow, wrote:

" Dear Lieut. Muller,

I am much obliged for your book on Breathing. Deep breathing is strongly recommended by all Physical Culturists, but the methods adopted are not always productive of good results. I have no hesitation in saying that anyone who carefully and faithfully follows the methods advised in your book will receive much benefit. I am sure also that you will secure the hearty co-operation of the medical profession in your good work.

I have no hesitation in saying that no living man has done more to promote a clean, healthy life among the men and women of England than you have done.

I wish you long life and strength to continue your good work of salvation by attention to the body.

With good wishes, Yours faithfully,

JAMES SWANSON."

"You can use anything I say in whatever way you may think will help your work.—J. S."

DR. WM. ST. CLAIR SYMMERS, *Musgrave Professor of Pathology* at Belfast University :

"seconded the vote of thanks proposed by Sir William Cranford and said that Lieut. Muller's own physique was practical evidence of the efficacy of the very admirable system he had shown them."—*Health & Strength*.

R. W. WALPOLE, M.D., Cromwell, Teignmouth, writes on the front page of his booklet, "Hints on Gout" :

"In writing these pages I have purposely avoided reference to any system of Physical Culture, because I consider that most of these systems aim at the development of the arms and legs, whilst the more vital parts of the body are comparatively neglected.

"I have recently tested the system of J. P. Muller, in his 'My System,' 15 minutes' daily exercise, and find it meets all requirements. I can thoroughly recommend these exercises; they are fully explained in his book, which can be obtained through any bookseller."

DR. WEBB, M.B., Ironbridge (a brother of Capt. Webb, the famous Channel Swimmer), "seconded the vote of thanks proposed by the Mayor of Shrewsbury, and said he could say a good deal from the doctor's point of view and the anatomist's point of view. But he wished specially to speak of what he knew best. He desired to draw the attention of everybody present to the way in which all those exercises had been carefully devised so as to bring out every muscle. (Hear, hear!) They were designed more artfully than the ordinary man was aware of. As a student of anatomy he could say that those various movements were calculated to strengthen each separate and individual muscle. When they thought that they had seen an exhibition of most wonderful physique in Mr. Muller, when they thought they had seen the best that modern science could produce in the way of a training system for the muscles, when

they thought they had also had a considerable dose of very useful hygienic knowledge given them, he thought they would see there was a good deal to take home with them. (Hear, hear! and applause.) He was speaking in favour of a system which would do a great deal to upset all the doctors, so they would recognise that it was very disinterested on his part to press it so much. (Laughter and hear, hear!) As a matter of fact, he heard some little criticism going on around him that it was rather slow, and that they were having it over and over again, and so on, but no one could see how good the system was until they had tried it: let them give it a fair trial, and then let them say what they thought about it. (Hear, hear!) He thought they would have greater happiness in living, they would bother the doctor less, there would be fewer suicides, they would all be happier—except perhaps the doctors and the chemists, and it did not matter about them. (Laughter and applause.) For all those benefits he thought they ought indeed to be grateful to Mr. Muller. (Applause.) Perhaps it required a little courage to take up a new movement of that kind and to bring it forward: it might be a great success, and it might not. But he thought that movement had proved a great success, and would be the beginning of greater things. (Hear, hear! and applause.)”—*The Shrewsbury Chronicle*.

FRANCE AND BELGIUM.

DR. AUZELET, in *L'Education Moderne* (Paris):

“These exercises undoubtedly produce a most beneficial effect upon the muscles employed, and they appear to be perfectly adapted to the object which the author has in view. . . . The System has a very solid advantage over all others; few occupations leave a man sufficient leisure to enable him to bestow due attention to his intellectual and physical health; Muller's System is at once the shortest and the most practical. . . . Further, it is free from the inconvenience of ordinary training methods. It concerns itself first and foremost with the eurythmy of the bodily functions, in which real strength lies. . . . We are convinced that it will contribute powerfully to the correction of errors, and that it marks a real advance. It is original and suggestive in its advice and its exercises, which are adapted to the child equally with the grown man and woman. For this reason it is of very real interest, and well merits the attention of those concerned in matters of education.”

DR. ETIENNE BAZOT, in *L'Enseignement Médico-mutuel International* :—

“ The reading of Muller's book has produced upon me the effect of a sermon to the converted. ‘ My System ’ is, in effect, the apologia as well as the apotheosis of rational physical exercises. . . . The highest eulogism which can be passed upon it is to repeat what has been said by one of our medical confrères : ‘ It is a matter of regret that it is not the work of a doctor. ’ ”

DR. A. BIENFAIT, in the *Gazette Médicale Belge* :—

“ Instead of building up formidable biceps, the author of this System devotes himself to strengthening all the muscles of the body. Among those to which he attaches primary importance are the dorsals and especially the abdominals. The movements which he prescribes have also the advantage of exerting a powerful action upon the intestines, stomach, liver, kidneys, lungs and heart. Finally, and this feature particularly is new, he pays special attention to the skin. ‘ My System ’ is thus a combination of gymnastics, hydrotherapy, and massage, which produces the maximum of useful effect relatively to the three ends which the author has in view, namely, 1st, the functions of the skin ; 2nd, the action of the lungs ; 3rd, the digestion. . . . The exercises can be recommended to all who desire to preserve good health and to enjoy that feeling of vigour which confers will-power and energy. . . . The Muller System involves no addition of hard work, it is pleasant to carry out, and supplies a need to which too little heed is generally paid.”

DR. H. COPPEZ, in the *Journal Médical de Bruxelles*, says :

“ Muller's methods have been so favourably received by the Medical world that the author of ‘ My System ’ may well be regarded as one of the most remarkable hygienists of our day.”

DR. F. DESCHAMPS, in *La Bretagne Médicale* :

“ With the greatest interest we have read this booklet, wherein, to our surprise, we have found, from a man outside the medical profession, hygienic advice as good as, upon the whole, it is possible to give. . . . We cannot too strongly recommend ‘ My System ’ to all who are in any way interested in the work of retaining or regaining health ”

DR. A. VAN LINT, *Chef du Service d'Ophthalmologie, à la Policlinique de Bruxelles*, in a paper on "Arthritisme et Gymnastique Respiratoire," read to the second International Congress of Physiotherapy, held at Rome, after insisting upon the importance of exercise in the treatment of arthritic patients, and referring particularly to respiratory exercises, says :

"Of these exercises, which are very numerous, since Swedish authors describe more than three hundred. . . . I advise the arthritic patient to adopt the following advice by Muller." (A number of the exercises in Muller's System are then described in detail and illustrated). . . .

"The 'Developers' (so-called 'Chest Expanders') designed by Sandow, Whiteley, etc., are of no use ; it is better not to adopt them, because, through the resistance made to the movements of the arms, they compel a great number of muscles to work which do not participate in the act of breathing, so that these muscles are overdeveloped at the expense of those which actually move the thorax."—*Le Progrès Médical Belge*.

DR. MOELLER, *Fils*, writing in the "Revue Bibliographique Belge," says :

"If laymen sometimes commit an error in entering the domain of medicine, when it is a question of treating disease, they sometimes have excellent ideas in regard to hygiene. This is so in the case of Lieut. Muller. . . . His method is rational, and may well be commended alike to the robust and the debilitated."

Le Nord Médical (Lille) says :

"Like all successful works, 'My System' has been the object of some attacks, but the praises bestowed upon it have far outnumbered the adverse criticisms. The excellence of the work and the soundness of the hygienic theories upon which it is based have been recognised by a large number of competent authorities in every country. Several large volumes might be filled with the letters written to the author by doctors, athletes and professors of gymnastics ; and with all the articles upon it which have appeared in the medical press, and the letters of thanks which Lieut. Muller constantly receives."

DR. GEORGES ROSENTHAL, *Chef de Clinique à la Faculté de Médecine de Paris ; Laureat de l'Académie de*

Médecine et de l'Institut ; *Médecin en Chef* du Dispensaire Antituberculeux des Postes et Télégraphes, in an analytical review :

" The extraordinary and well-merited success of the book which the Danish Lieutenant J. P. Muller has entitled ' My System,' must be regarded as a real scientific event.

" That the author has been able in Sweden, in Germany, in Denmark, and in France, to triumph over the unreasoning indifference too generally manifested to physio-therapy, is due to the note of sincerity in his work, which carries conviction to the minds of his readers. Besides, this success is not a result of mere literary merit, for it is a book which, interesting as it is in the reading, demands at the same time the reader's serious attention. It is, in fact, a book for the student. It is a matter of regret for us of the profession that it is not the work of a Doctor."

After making a survey of the work, the commentator proceeds :

" Muller restricts the application of his system to the preservation of health and development of the body of people who are weak, but healthy. He himself recognises definitely that in cases where there is any suggestion of ill-health, recourse to a properly qualified medical man is imperative. . . . I cannot praise ' My System ' too highly. Its objective is not solely development of the muscles ; it concerns itself equally with the condition and functions of the skin and internal organs, and thus constitutes a thoroughly comprehensive system. By respiratory exercises, due attention is paid to the lungs ; by expansion of the thorax he facilitates the action of the heart ; by the bending, twisting and stretching of the trunk he develops the waist muscles, and provides an effective prophylaxis against constipation and ptoses ; by the inclusion of the bath as an integral factor of the system he establishes a habit of cleanliness too often forgotten, neglected by people who should be above suspicion in this respect ; and by his unique series of frictional exercises, he develops the hygiene and active functions of the skin. All these movements are perfectly simple and methodical, and the prescribed sequence of them is singularly happy."

DR. PIERRE SCHUIND, writing in *La Meuse*, states that he has personal knowledge of cases in which persistent followers of Muller's System have :

"Developed their chests, limbs, and abdominal muscles; their respiration has become more powerful, and the action of their digestive organs more regular."

PORTUGAL.

DR. ARDISSON FERREIRA, Lisbon :

" 'My System,' invented by the Dane, J. P. Muller, is in our opinion, the best work ever published on home gymnastics; it ought to be followed by all those who wish to remain in good health."

JAPAN.

DR. JONE JANAGISAWA in a preface to the Japanese edition of the "Fresh Air Book," says :

"Lieut. Muller's works have done untold good, not only in Denmark, but in every country into whose tongue they have been translated. I advise every reader to spare 10 or 15 minutes of his precious time every day and follow the instructions and methods given in the volume."

DENMARK AND NORWAY.

DR. OLAV BENEDICTSEN, in *Nordisk Good Templar* :

"Without doubt it must be allowed that 'My System' has roused much interest in the cleanliness and hardening of the body, and increased the understanding of the importance of fresh air and exercise. The medical profession ought to value this 'System' because it has in a common-sense way called attention to the most important object of the Medical Art, viz.: The prevention of illness."

DR. P. C. BJERREGAARD, in *Højskolebladet* :

"Lieut. Muller has, through his work, rendered great service to the hygiene of our country."

And in *Andelsbladet* :

"Muller's book contains personal testimony from the author, a sermon on hygiene, the strongest, most convincing and most beautiful ever preached to the Danish people."

DR. BRÖNDSTED, Aarhus, wrote :

"The popularity that has been attained by that distinguished book, 'My System,' proves that it has supplied a want, in that it points out a simple, easy road to health

which all men and women, young and old, can tread with very little trouble and without expensive apparatus. It not only contains good advice concerning invigorating baths and exercises, which are very judiciously selected and can be prosecuted anywhere, but also something absolutely new (as far as I am aware). I refer principally to the so-called 'rubbing' exercises with which are combined judicious corporal movements in an ingenious manner. As these rubbing exercises stimulate the skin by active muscular movements, they have a thorough and evident effect, and are adaptable in great measure to development and hardening. Accustomed for some time to cold baths and elementary exercises, I have, by personal experiment, confirmed everything as stated in this book; and the so-called rubbing exercises appear to be such an ingenious discovery that they in all their simplicity certainly ought to be termed 'inspired'. It may be said that as I have for several years taken a cold bath daily, and have employed therewith a few gymnastic exercises, a partial adoption of Muller's system can make no special difference to me. But that is not the case. Although, as I said before, I only follow it in principle, the result is already, after one month, plainly, nay astonishingly, evident. I am perfectly convinced that I owe it to the stimulating influence of the rubbing exercises on the skin. . . ."

CHR. HEYERDAHL, M.D., *Senior Physician*, writes in *Dansk Sundhedstidende* (Danish Health Journal):

"In the scheme, that should only take 15 minutes, much circumspection and experience is concealed. In comparison with ordinary methods of taking a morning bath, the Muller arrangement offers great advantages. The ordinary method is this: to get out of bed and to step directly into the bath, with the warmth of the bed still in the body, to dress quickly, and afterwards, perhaps, perform a few gymnastic exercises. In Muller's System the order is changed in this way: before the bath, clothed in shirt and drawers, a number of invigorating body exercises are to be carried out, whereby the body is thoroughly warmed in quite another manner to the former way and is well prepared to enter the bath. After the bath something special to J. P. Muller's System is added, namely, a course of exercises by which the whole skin receives a thorough rubbing, causing it to glow, and induces a feeling of physical comfort that can be attained by no other form of bath.

"We recall the publication of the Sandow System last year, giving instructions for obtaining strong

muscles, accompanied by diagrams, etc., showing how much arms, legs and chest can gain in circumference if these exercises be performed. Very little of this muscle idolatry is contained in Muller's System. He has perceived—which is rare in a layman, and still more exceptional in an athlete—that strength does not lie in the muscles, but in the development of all the organs of the body; and on them, especially on those of the chest, stomach and skin, he has fixed his attention.

“Perhaps people would interest themselves a little more upon skin cultivation if they could move themselves to look upon the skin as a species of clothing. At the moment there certainly exists no organ of the body that is more neglected. The skin is in general looked upon more or less as an indecent covering, of which people only dare to show as little as possible. In reality, the skin is a very complex and important organ, the numerous vessels, glands and muscles of which prosper very ill under the continued packing of clothes. It becomes relaxed, badly nourished, and (to drop into metaphor) like an old, crumpled, dirty dish-cloth.

“The skin can again be made as it was originally, smooth and soft and fine as silk, by practising the rubbing exercises arranged by J. P. Muller. By his System, the whole skin surface, from the soles to the scalp, becomes thoroughly enlivened, and an inexpressibly pleasant sensation of warmth ensues, which even the most complete massage and sun-baths could not effect. The reaction which everybody tries to bring about by various forms of bathing is attained in full measure, and those who can only with difficulty regain their warmth after a bath will not by adopting the Muller method experience such inconvenience again.

“The surface of the body becomes, so to speak, another form of matter, at the same time finer and more hardened, and one could say the same thing, perhaps, of the bather himself. Then, if one follows the health directions, the result, which comes as a sort of reward at last, will be that he will have grown into a new being. Ill-humour and fatigue vanish, giving place to a confidence in life and desire for work. The change that has taken place is observed with wonderment, and one asks oneself if it is possible that fifteen minutes every day can have had all this as a result.”

M. HINDHEDE, M.D., *Director of the State Laboratory for Nutrition Research, Copenhagen*, in his book, “A Reform of our Nutrition”:

“ Very few of us are in a position to lead a thoroughly healthy existence. Our work, our daily life, and our pleasures act disturbingly in many directions. J. P. Muller's System is recommended to counteract these more or less inevitable exciting and depressing influences. . . . I believe that the advantages of ' My System ' compared with other ' systems ' are especially to be found in the splendid skin-massage, for which I personally owe a debt of gratitude to the author. It has given me a great increase in well-being.”

DR. N. KAHRS, in *Medicinsk Revue* (Norway) :

“ ‘ My System ’ is excellent, and I regard it as reasonable that my colleagues, after they have made themselves familiar with it, will often find it opportune to recommend it to their patients.”

JOHAN KIER, M.D., *Chief Military Physician*, in a paper read to the Second International Congress of Physical Education, held at Liège :

“ It is the great merit of the author of ‘ My System ’ to have combined daily exercise so indissolubly with daily care of the skin (represented by air-baths, water-baths and friction) that such care of the skin has actually become an integral part of the Exercise System itself.”

DR. FR. E. KLEE, *Senior Physician at Silkeborg Hydro*, in *Aarhus Stiftstidende* :

“ . . . Mr. Muller's active frictions are in my opinion so excellent that I am using them for my patients whenever suitable.”

PROFESSOR CARL LORENTZEN, M.D., in his book “ The Chronic Constipation ” :

“ Trunk movements, the famous ‘ My System ’ with rubbing, HAVE A GOOD EFFECT. . . . They should be performed with energy and perseverance, to produce bodily heat and lively respiration. Some muscular stiffness at the beginning, when unused to strong exercise, will do no harm.”

And in *Danish Health Journal* :

“ The rubbing exercises, J. P. Muller's own invention, are in my opinion and from my personal experience, so to speak, the most comfortable work a man can do . . . Mr. Muller should have eternal praise and thanks for these.”

GOTTLIEB POULSEN, M.D. :

" I must pay my full tribute to Muller's System. I have used it each morning during the last year, and have enjoyed the exercises performed. There was marked improvement in my physical and mental ability not long after I had started it. . . . Muller's System is excellent and the best I know of. In a more perfect manner than several other systems, it pays manifold regard to each and all of the muscles and organs."—*The New Century*.

DR. RAMBUSCH, *Medical Officer of Health* :

" Muller's System has this great advantage over the many other physical culture methods—that it pays sufficient attention to breathing exercises, fresh air and cleanliness, and, further, that the movements prescribed are just those which exert and develop the muscles believed to be very important for the circulating and functioning of the intestines and the big glands."—*The New Century*.

DR. FRODE SADOLIN in *The Physician's Weekly* :

" . . . ' My System ' must be valued as an excellent guide, a work of the highest standard which fully deserves its success at home and its world-wide circulation. The author has with a lucky hand, and with great force and lucidity, put aside all bagatelles and doubtful matters, and brought into the foreground only that which is really essential and hygienically conclusive. . . . As distinct from the vegetarians who pay a one-sided attention to diet, J. P. Muller has—I am sure rightly—made the care of the skin and the use of the muscles the central thing, which combined with moderation, sufficient rest and fresh air, form the essence of physical culture.

" However, J. P. Muller has not only in an exceedingly lucky manner gathered together the results of our experience in the realm of physical culture, but has transformed them into distinct advice. What is more, he has created new agencies of Personal Hygiene, which are so valuable that his book deserves the greatest attention of all medical men interested in hygiene. . . . J. P. Muller has done justice to the abdominal muscles and thereby made a contribution to gymnastic systems, which is bound to influence the obligatory physical education in Schools and in the Army. In the combination of friction of the skin and muscular exercise, as formed in his " rubbing exercises," he has presented

Personal Hygiene with an agency which is a real enrichment. . . . As far as I know, the whole honour of having invented the rubbing exercises is due to J. P. Muller."

PROFESSOR CHR. SAUGMAN, *Senior Physician* of Vejle-fjord Sanatorium :

"In the struggle against tuberculosis we must not overlook the importance of J. P. Muller's 'My System.' . . . The exercises are carefully thought out in every detail, and are based on many years' experience of the author, who is the most prominent amateur athlete in his country. . . . Although not concerned with the campaign, there is no doubt that the wide-spread interest in the care of the body awakened by the book means much for the prevention of tuberculosis."

DR. FR. WITTRUP, *Director* of the National Danish Health Insurance :

"I think that J. P. Muller has had a great influence upon the health of the rising generation, not only through his leadership in athletics and by introducing new sports and games (into Denmark), but, above all, by his untiring endeavour to point out how absolutely necessary fresh air, sunshine, muscle- and skin-gymnastics are to our fitness and well-being. . . . A special merit of J. P. Muller's is the lucid manner in which he emphasizes the importance of the metabolism of the skin, in relation to Health. . . . His 'rubbing exercises' are an excellent invention for the purpose of restoring to the skin its important position in the realm of hygiene."

SWITZERLAND.

DR. KELLER-HOERSCHELMANN, *Chief Physician* of the Sanatorium Erlenbach, Zürich, in his book on "Breathing" :

"It is due to J. P. Muller that so many thousands are now practising, daily and regularly, exercises for the care of the body. Very many have been able thereby to maintain health, while others have, by the same means, freed themselves from chronic ills."

From a report in *Correspondenzblatt für Schweizer Aertze* :

"At an extraordinary meeting of the Society of Physicians in Zürich, Muller's 'My System' was the subject chosen for discussion. DR. WILHELM SCULTHESS, in his introductory address, said he recognised Muller as a

pioneer in practical hygiene. Many points in Muller's System had long been recognised and recommended, but it was to Muller's credit that he had selected the various hygienic factors and combined them, in accomplishable form, in one system. . . . What was the hygienic significance of the method? All medical men must agree that such a system of movement and hardening exercises must promote health and strength to the highest degree. Defective people could indeed make use of a few of the exercises with advantage to themselves. The Muller exercises differed essentially from the strenuous exercises performed in the gymnasia, exercises which had been the cause of early death to many who had practised them imprudently. DR. HERMANN SCHULTHESS confessed that he had practised the System for four months. He had begun with the more difficult exercises, and had at first experienced a certain amount of myalgia, but that had passed with one or two days' rest from the exercises. The immediate results of the exercises appeared to him to be ease of movement and increased lung-power. He considered the System a hygienic and prophylactic measure of the first order. Professor DR. O. WYSS had carried out the system daily for a long time; he had also experienced certain discomfort at the commencement but these unpleasantnesses had by then all disappeared. His health and agility had improved decidedly since he had undertaken these daily exercises, which he considered to be very cleverly and thoughtfully arranged. As far as the question as to who should use the exercises was concerned, he was of the opinion that they might be recommended in the first place to young people leading sedentary lives. Adults might practise them as well. He saw no objection to the employment of the System for the treatment of certain maladies such as lung and heart complaints, but with the latter, of course, it was necessary that the medical adviser should have full control and direction. DR. HABERLEIN also spoke in favour of the System, and congratulated Muller on the success it had achieved."

BOHEMIA.

FERD. HUEPPE, M.D., *Professor at Prague University, in Body and Mind:*

"Muller gives splendid advice on how to apply water, rubbing and massage to the body in a perfect way under various conditions, and this is surely better for the health than exercising with heavy dumb-bells.

. . . With regard to massage, I have always recognised the value of the same, both from experience and from professional knowledge, but had no idea that it could be so practically utilised for the general thorough treatment of the body. That is quite new and exceptionally clever, so much so that I have adopted it in my daily exercises."

HOLLAND.

DR. A. GORTER, Rotterdam, in *The Housewife* :

"I know that many invalids could derive benefit from Muller's System. . . . The great value of this book is that the author in his characteristic manner is spreading sound ideas, especially about breathing exercises and skin culture. Only to a few is given the ability of treating these subjects in such a way as to attract such an astonishing number of readers."

SPAIN AND MEXICO.

DR. ALBERTO CONRADI, *Staff-Colonel A.M.S.*, 1st Regiment of Field Artillery, Seville, in a letter :

"I am an enthusiast for your system, and am anxious to spread the knowledge of it. It is as a grateful pupil that I address myself to you to thank you for the benefit which I have received through your method, and of which I would gladly see adepts everywhere."

And on a photo sent to me :

"To the man who most of all has worked for the creation of a better race in our times of vice and degeneration."

DR. ENRIQUE M. RUEDA, Puebla, Mexico, in a letter :

"A group of Mexican medical men have given your splendid System the most serious attention, in that we have particularly considered and discussed the extraordinary benefits to humanity which could be derived from it as a physio-therapeutic medium. We will take steps to have your system officially adopted by our government, as the most important medium for physical education in all the republic's schools. It is our object to start the greatest possible propaganda for this system, and we wish to have the honour of having erected the first academy here in Mexico, which shall bear your name, and where the lectures on your System shall be given."

GERMANY AND AUSTRIA.

ALBRECHT BETHE, M.D., *Professor* at Kiel University, speaking in Strassbourg :

"That Muller's System is good cannot be denied now that so many thousands of us, culture-weary though we be, have tried it with such success on our own persons."

DR. BLÜMEL, Vienna :

"I must acknowledge myself to be a great friend of Muller's System, for I use it myself, and with many of my patients have derived nothing but good from it."

DR. C. BREITUNG-DROYFSIG, in *Monatsschrift für Orthopädische Chirurgie und physikalische Heilmethoden* :

"It undeniably means a certain effort on the part of a doctor to purchase and read a book with such a title, composed by a layman, for such productions grow more numerous every day, and the value of their contents is often in pitiable contrast to their high-sounding titles.

"I personally was induced to read the book by some favourable criticisms of Danish doctors, and I do not regret having done so. It is in many respects a refreshing exception to other books of its kind.

" . . . That the prescribed movements really do call the most varied sets of muscles into play, everyone who, without preparation, carries them out in the order indicated, can prove for himself ; the next few days he will feel pain in muscles, the existence of which in his own body he had hitherto only theoretically been aware of. . . . The arrangement of the rubbing exercises is so unique and so clever that one never shivers or feels cold anywhere ; afterwards one experiences such a surprisingly agreeable sensation that it is soon a pleasure to do them. . . . The selection and arrangement of the whole series are so happy, and the carrying out of the exercises is so simple and absorbs so little time, since no apparatus of any kind, whether dumb-bells or anything else, is required, and their effect on the body is so pleasant and so beneficial, that I consider the whole system thoroughly deserving of attention and meriting a general trial and recommendation by doctors. . . . The managers of sanatoria, hydropathic establishments, etc., should, in my opinion, most emphatically have their attention called to Muller's System."

HOFBRAT DR. MAX EMMERICH, lecturing in Nurembourgh, on Arterial Sclerosis, said :

“ After due consideration of the origin and development of arterial sclerosis, in order to combat it and to promote general resistability to the consequences of modern life, he recommended a method tried and approved by himself ; in the taking of a daily bath (warm) with muscle and breathing exercises, as he himself did after the example of the celebrated Danish health-apostle, J. P. Muller.”

Geheimmedicinalrat, PROFESSOR DR. EULENBURGH, of Berlin, writing on “ Nervous Diseases,” says :

“ A very serviceable influence is that provided by the Danish Lieutenant, J. P. Muller, whose book, ‘ My System,’ has had an enormous circulation, hundreds of thousands of copies having been sold.”

DR. FRANZ HIRZ, Arco, Tyrol, Austria :

“ I have been for some years a zealous champion of your System, not only in my own home, but I have recommended its use on several hundred occasions in the course of my practice.”

DR. RUDOLPH KAFEMANN, *Professor* at Königsberg University, made several lectures on Muller’s “ My System,” which he compared with the works of the ancient physician, Galenos of Pergamos.

“ But whereas Galenos used slaves to rub the skin of his patients, Muller has invented the exercises of self-massage, a fact which really entitles him to give his work the proud title of ‘ My System ’ . . . It is the merit of Muller to have revived the taste and interest for physical culture amongst the population of half the globe.”

SURGEON-GENERAL LEITENSTORFER, Würzburg :

“ In most of the points of your valuable book you have voiced my sentiments to a ‘ T,’ and in particular as regards the unequal attention paid in most systems to the muscular development of the different parts, for instance, in that of Sandow, who overdevelops the muscles of the limbs, and especially of the arms, at the expense of the muscles of the body, which you deal with so carefully.

“ I shall put your convincingly written book into circulation among my subordinates, and shall recommend it myself. . . . It is decidedly praiseworthy of you to

remind people, and it is literally true that it is also necessary in the case of 'educated' people, that one can and ought to wash all over with water, and that daily!

"What is of special value, however, is that you show how, with a trifling expenditure of time, by a systematic and natural combination of physical exercises and washing, to do gymnastics and, not only harden one's body, but at the same time develop and strengthen it.

"Congratulating you on your book and wishing it all success, I beg to express my agreement with it and my regard."

M. MADER, M.D., in a three-column article in *Die Gesundheit* (Health):

" . . . The book certainly represents the best that has been written on the subject of Home Gymnastics and rational Physical Culture. 'My System' is the happiest combination of a thorough study of the health question, deep reflection, and an extensive practical experience. It is clearly written, and everyone who reads it will derive great benefit from it. . . ."

DR. JULIAN MARCUSE, *Senior Physician* of Ebenhausen Sanatorium, in *Verkehr und Sport*:

"As a whole it is the indisputable merit of Muller that he has made home-gymnastics popular. . . . And in combining it with air- and water-baths he has shown us the road to rational Health Culture in the most up-to-date sense."

DR. H. OPPENHEIM, *Professor* at Berlin University, writes in *Deutsche Medizinische Wochenschrift*:

"I have absolutely nothing to say against the adoption of Muller's System into the programme of recognised physical curative measures, and to its practice in the various institutes. In particular cases the method could be modified in accordance with the circumstances."

SANITÄTSRAT DR. R. PAASCH, Berlin, in *Die Gesundheit in Wort und Bild*:

"Muller's exercises are chosen in an ingenious way and contain only what is absolutely essential. . . . He is in harmony with the medical profession. . . . The great laity will derive much more benefit from the exercises if the doctor assists in explaining and, where needful, modifying them."

" But it follows that the physician for this purpose must have not merely a theoretical but also a practical acquaintance with the System, and I cannot deny that I have not, for some time, felt such pleasure and well-being as have been mine during these months of diligent exercise of Muller's System."

SURGEON-GENERAL-IN-CHIEF, DR. SCHILL, Dresden, in the *Therapeutic Almanack* :

" By reason of the great interest aroused by Muller's System and the good service it can do (amongst invalids, under the doctor's supervision), all medical men ought to be acquainted with it."

DR. C. L. SCHLEICH, *Professor* at Berlin University, lecturing :

" Provided that people with organic faults of the heart do not use the system without first asking permission of their doctor, we medical men can only wish that Muller's exercises were introduced in as many homes as possible."

SANITÄTSRAT, DR. F. A. SMITH, *Professor* at Bonn University, in *Body and Mind* :

" The quarter-million of copies of ' My System ' sold here in Germany has got many a sluggard to rise from his easy chair and has been conducive in a very high degree to a better valuation of all good physical exercise."

EVIDENCE OF SOME PROMINENT PEOPLE OUTSIDE THE MEDICAL PROFESSION.

THE VISCOUNT ALVERSTONE, late *Lord Chief Justice of England*, sent me his book, *Recollections of Bar and Bench*, with the following autographed dedication :

" To Lieut. J. P. Muller, with best wishes from his friend the author, Viscount Alverstone, in grateful recognition of his excellent advice, given to Viscount Alverstone for many years in the matter of health."

THE RIGHT REV. THE LORD BISHOP OF DURHAM :

" I have used Lieut. Muller's system for more than three years, with practically unbroken regularity, except when an operation and the subsequent convalescence necessitated about three months' cessation. I

am glad to bear witness to the unmistakable good results on my general health. It is due very much to Lieut. Muller, I believe, that I find myself at 74 still able to do the full work of life, with a sense of health which rather grows than otherwise.—“HANDLEY DUNELM.”

FIELD-MARSHAL EARL HAIG OF BEMERSYDE, when Commander-in-Chief of the British Armies in France, wrote from General Headquarters, through his private secretary, Sir Philip Sassoon :

“General Sir Douglas Haig wishes me to thank you for your book which he was delighted to receive. Sir Douglas is extraordinarily fit and well, and we attribute it to a great extent to the fact that he does your exercises every day.”

SIR ARTHUR PEARSON :

“During the last three months I have taken less outdoor exercise than in any previous three months of my life since infancy, and have been working exceptionally hard and for exceptionally long hours. In spite of this I have never been fitter, a state of affairs which I attribute to the fact that I go through your System with the utmost regularity every morning.”

LIEUT.-GENERAL F. LOCKE-ELLIOT :

“A line to congratulate you on your excellent half-hour's performance—just seen details in print. You have proved incontestably the value of your ideas as expressed in your ‘System.’ You must be practically as fit at 51 as the ordinary athlete is at 25—which surely is a triumph.”

GENERAL JAMES FRANKLIN BELL, *Chief of Staff*, United States Army :

“After actual experience in using the System which Lieut. Muller advocates, it is believed to be more practical and better adapted to men of mature age and sedentary tendencies than any other system heretofore encountered. As an all-round, comprehensive method of regularly exercising every muscle of the body in a minimum amount of time, it is confidently believed that the Muller System will be found thoroughly efficient and satisfactory.”

GUY M. CAMPBELL, F.C.T.B., F.R.G.S. (Representative of Physical Training on the Teachers' Registration Council), on Physical Training in the *New Teaching* :

“The Muller System is a free movement system, and its exercises will secure the best results for a given

purpose in the shortest time of any system. It is a big advance on the Swedish System both rationally and scientifically, and, though applicable to young or old, is best adapted for keeping adults fit (particularly those relegated to sedentary occupations) with a minimum expenditure of time. Every 'veteran' should make its acquaintance."

The well-known author, MR. HUGH DE SÉLINCOURT, in a series of articles on "Pride of Body," in the *Daily Mail*, strongly advocating the Muller System, said :

"The virtue of this training must be known throughout the land ; it must be brought home to the general consciousness ; it must become the universal fashion. And soon it would be a point of honour among the British to walk erect and tough and alert.

"Let no one think the matter is too childish for serious consideration. After three months' regular discipline—discipline, mind you, accessible to every man—a man's body changes almost beyond belief. . . .

"Do it and you will see. Do it for the sake of your health and the health of your children and your children's children. Do it for the sake of England, who wants tough, healthy men. Let every man then begin this discipline, and let him begin at once ; that that part of the nation which is in his body may not be a source of shame but of pride."

GUNNER A. WILLIAMS, R.F.A. (the "Wiltshire Poet") :

"For ten years I worked day and night almost in my efforts to become an author. . . . The result was chronic nervous dyspepsia and laryngitis. The doctors told me I was to be a permanent invalid. Such, indeed, I felt to be until Canon Stephens introduced your System to me a year ago. Before I had done the exercises for five months I was another man. I can truthfully say I am younger than I have been for fifteen years. I am forty years of age now, and one of the most juvenile men in the battery. No one believes that I am so old."

In the volume on "Yachting and Rowing" of the big book, *British Sports and Sportsmen*, stands on page 490 :—

"Probably no hygienist in the world has had so great an influence on his contemporaries as the author of 'My System.'"